



COURSE OUTLINE: OEL8000 - HAPPINESS

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Approved: Lori Crosson, Director, E-Learning and Continuing Education

Course Code: Title	OEL8000: HAPPINESS: PATHWAYS AND PITFALLS
Program Number: Name	3058: STRG BASE PERS. HELP
Department:	DISTANCE EDUCATION
Semesters/Terms:	20S, 20F, 21W
Course Description:	<p>In this course, you will explore the nature of happiness (what it is and isn't) and why the things we think will make us happy, so often don't. More importantly, you will become familiar with evidence-based activities, habits, strategies and circumstances that are known to increase happiness, and can be applied to your own life and the lives of others.</p> <p>Course materials will be drawn primarily from the fields of Positive Psychology, Humanistic Psychology and Evolutionary Biology, but will also include explorations of happiness as reflected in the works of popular artists, musicians, and writers. Throughout the course, you will be encouraged to develop a personal philosophy of happiness that combines your own unique characteristics with evidence-based strategies for creating a well-lived life.</p>
Total Credits:	2
Hours/Week:	2
Total Hours:	30
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Course Evaluation:	Passing Grade: 50%, D

Course Outcomes and Learning Objectives:	<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
	1. Explain the differences and commonalities between pleasure-based forms of happiness (hedonia) and measures of overall life-satisfaction (eudaimonia)	<p>1.1 Identify a working definition of happiness that is reflective of current theories in the field of positive psychology, and is relatable to one's own life and the lives of others</p> <p>1.2 Develop a baseline measure of one's own levels of happiness in several domains of life in order to monitor change over time</p> <p>1.3 Demonstrate awareness of current theories in the field of positive psychology and the contributions of leading positive psychology theorists such as Seligman, Csikszentmihalyi and Lyubomirsky</p>
	<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
	2. Describe several significant misconceptions about happiness	<p>2.1 Explain what current research suggests about the relationship between happiness and various other factors such as wealth, freedom of choice, success, romance etc.</p> <p>2.2 Explain the impact of life circumstances on happiness, relative to the impact of genetic and attitudinal factors</p>



	<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>								
	3. Explain in biological and/or psychological terms why so many of the things we think will make us happy, fail to do so	3.1 Explain the concept of the hedonic treadmill  3.2 Identify cognitive distortions and their potential effects on happiness  3.3 Explain the concept of a `Happiness Set-Point`								
	<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>								
	4. Identify global determinants of happiness, and explain how global and cultural variations affect individuals` experiences of happiness	4.1 Identify key variables linked to well-being around the world  4.2 Illustrate how these variables are measured and understood as global determinants of happiness, and as potential elements of change								
	<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>								
	5. Explain how various art forms and spiritual perspectives contribute to human happiness and well-being	5.1 Differentiate between visual arts, performing arts and literary arts, with examples  5.2 Explain the function of public art and how it contributes to happiness in daily life  5.3 Discuss the relationship between spirituality and happiness								
	<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>								
	6. Select and apply evidence-based strategies to increase one`s own levels of happiness	6.1 Assess personal well-being in various domains of functioning (health and vitality, relationships, etc.) and reflect on areas for improvement  6.2 Apply strategies known to increase optimism, resilience and overall well-being  6.3 Develop habits that enhance personal growth, reduce stress and promote pleasure and satisfaction in one`s own life								
<b>Evaluation Process and Grading System:</b>	<table><tr><td><b>Evaluation Type</b></td><td><b>Evaluation Weight</b></td></tr><tr><td>Final Paper</td><td>20%</td></tr><tr><td>Quizzes 4@5%</td><td>20%</td></tr><tr><td>Workbook Submissions 3@20%</td><td>60%</td></tr></table>		<b>Evaluation Type</b>	<b>Evaluation Weight</b>	Final Paper	20%	Quizzes 4@5%	20%	Workbook Submissions 3@20%	60%
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Quizzes 4@5%	20%									
Workbook Submissions 3@20%	60%									
<b>Date:</b>	January 17, 2020									
<b>Addendum:</b>	Please refer to the course outline addendum on the Learning Management System for further information.									

